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# **Whole grains: Hearty options for a healthy diet - MayoClinic.com**

More and more research is showing that whole grains play an important role in a healthy weight. Thankfully many companies are making products that contain whole grains. Items that were typically thought of as using white or refined flour like breads, cakes, crackers and even cookies are now made using whole grain.

Most likely you're getting whole grains and you didn't even realize it. Popcorn is a whole grain as well as oatmeal and wild and brown rice.

For more information on whole grains, including how they are refined and turned into white flour click on the link below. It also contains calorie information and health benefits.

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